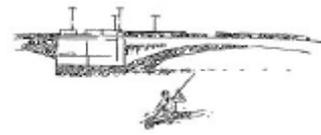


# Reading Canoe Club

The Warren, Caversham, Berkshire, RG4 7TH

0118 947 7643

[www.reading-canoe.org.uk](http://www.reading-canoe.org.uk)



## Under 10's Junior Fun Sessions

**Mondays and Thursdays 5.30 – 6.15pm** No sessions on Bank Holidays

Suitable for paddlers aged 6 – 10 years old. Paddlers should be under 10 on 1<sup>st</sup> January 2019.

These small group sessions are usually run by Nigel Frankland, one of our most experienced club coaches. His aim is to get all the children to enjoy paddling and build their skills and confidence in a boat – mainly using closed cockpit and open canoes. Nigel's friendly and patient approach enables participants to learn important boat skills almost without realising it! Children who have done these sessions usually develop boat skills and confidence (both in and out of their boat) that most adults will envy!

### **What You Need to Know:**

Before your child goes on the water, please ensure you have completed a **Parental Consent Form**, with any relevant contact details and medical information.

Children attending the sessions need to be confident in water; ideally they should be able to swim. For their own safety, it is really important that children are able to listen to and follow instructions, particularly when they are on the water.

Your child will get wet! Please make sure they bring suitable clothes to paddle in and a change of clothes and towel for after the session. **Suitable clothing:** Jeans and thick cotton clothing are not suitable, particularly when the weather is cooler. Lighter thermal layers are better, with a lightweight waterproof cagoule in cool or windy conditions. Lightweight shoes which can get wet should also be worn. If you are not sure if clothing or footwear is appropriate, do ask. Please don't forget to apply sun cream on sunnier days!

You are welcome to stay and watch the sessions. If you do go off-site please ensure we have up-to-date contact details. Please be aware that the coach is responsible for your child during session times only.

### **At the end of the session:**

Please help us by ensuring your child hangs up their buoyancy aid and puts away their paddles. If you are able to assist us in putting away boats it will be greatly appreciated.

### **Other information:**

Sessions are free to club members. For non-members the cost is £5 per person per session. Places on these sessions are not bookable: Club members have priority, and then places will be given to children who have attended 3 sessions or fewer. After 3 trial sessions we would normally expect children to join as members. Club membership for Under 10's costs £60 per child per annum.

Occasionally a session may be cancelled due to work commitments or adverse conditions. If this happens we will try to notify regular participants through the Facebook group so we recommend that you join this (search for "**Reading Canoe Club Under 10's**").

If you have any other queries or concerns, please speak to Nigel, Jill Harbridge or myself.

**Happy Paddling!**

*Nigel, Sarah and Jill*